

## 2Gravy30

Number of Servings: 30 (82.36 g per serving)

Amount	Measure	Ingredient
4 3/4	cup	Broth, beef, clear, rducd sodium, rts, cnd
1 2/3	cup	Flour, all purpose, white, bleached, enrich
3/4	tsp	Spice, pepper, black
6 1/2	cup	Broth, beef, clear, rducd sodium, rts, cnd
9 1/2	Tbs	Spice, onion, minced, dehyd

### Nutrients per serving

Nutrition Facts			
Serving Size (82g)			
Servings Per Container			
Amount Per Serving			
Calories 35	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 170mg	7%		
Total Carbohydrate 7g	2%		
Dietary Fiber 0g	0%		
Sugars 1g			
Protein 2g			
Vitamin A 0%	Vitamin C 2%		
Calcium 0%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

USE fresh BROTH FROM WHATEVER KIND OF MEAT THE GRAVY IS GOING WITH IF BROTH IS AVAILABLE FROM THE MEAT.

If broth is NOT available from meat for the meal, use Low Sodium BROTH BASE to prepare the amount of broth called for in this GRAVY RECIPE. Purchase canned broth only as a last resort as it is too expensive. Use Low sodium Beef Broth Base with beef dishes and Low sodium Chicken Broth Base with chicken dishes.

Add flour to the small measure of broth and blend. Stir in pepper.

Add warm broth gradually, small amount at a time at first. Use wire whip, stirring constantly when adding broth and stir until smooth before adding more broth.

Cook, stirring constantly with wire whip. Cook until smooth and thickened. Bring to a simmer for at least 2 minutes. Serve at 165 degrees F or more.

Serve 3 oz (6 T) serving using a 3 oz ladle.

3 oz serving = 6 grams CHO = 0 Carb Serving

Low sodium gravy base (Minor brand has 140 mg/3/4 t) can be used to make 1 serving no higher than 180 mg sodium/serving; may need to adjust serving size accordingly.

Gravy CANNOT BE MADE THICKER and still be 0 carb serving.

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

## 2Gravy30

Number of Servings: 30 (82.36 g per serving)